

## Make Valentine's Day personal

On Feb. 14 help your special someone accessorize with affordable gifts from The Bead Bazaar.

News 11

# SPOKE

A learning newsroom for journalism students

## Spending less on security services

Survey of three Ontario colleges shows Conestoga spends the least on security.

News 2

## Become a somebody

Board of governors now accepting nominations for two positions.

News 3

Monday, February 6, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 5

# Strike vote Feb. 7 with possible strike March 7

## Workload formula No. 1 issue, not money

By BRANDON WALKER

Students shouldn't worry about a potential faculty strike prematurely, says a professor at the college.

"It's a long road between now and us actually walking out," said Michael Dale, a liberal studies professor. "Let's see what can be negotiated."

"We'll know (better) in about two or three weeks, we'll get a better sense," he said. "Certainly at this point there's a significant separation between the two sides and between the positions the two sides understand themselves to have. There's not really a full communication going on there."

"As we move closer to a possible deadline we'll get a greater indication," he said. "If the communication doesn't open up and it doesn't find common ground, of course we'll be in a situation where (a strike) would be likely."

The union has a proposed date of Feb. 7 for a strike vote, which could lead to an actual strike around March 7.

Dale said representatives from the Ontario Public Service Employees Union (OPSEU) met with faculty from the college Jan. 26 to try to build solidarity behind the union's bargaining team. "They wanted to make sure they have (faculty) support, and they do."

**"As we move closer to a possible deadline we'll get a greater indication."**

*Michael Dale,*

*Liberal studies professor*

"(The representatives) laid out both sides, where we are, where management is, and they gave us their recommendation," said Dale. "But it will still be each individual union member's choice. It's a secret ballot and when they walk behind that screen to mark the ballot, it's opening a recommendation (to strike)."

OPSEU sent a letter to college students in the province Jan. 10, stating concerns \$87.3 million in funding from the Rae Review isn't being used to hire more support staff and faculty. The letter said if the money isn't put toward improving the quality of education by hiring support staff and teachers, faculty may strike.

Dale said the possible strike isn't so much about money. "(Money) isn't the number 1 issue this time around, it's the workload formula," he said. "It's not just about us wanting to teach less, we

want the ability to spend more time with individual students."

"I now only have presentations and formal class discussions left in two of my classes," he said. "My philosophy of teaching is that it should be interactive. Students learn if they get to have input into it. So that's an important thing. Our teaching methods have changed."

He said when he first started at the college his average class size was about 25 or 30 students and now his average class size has risen to around 40 students.

"Certainly there are some issues we feel very strongly about and there's a point in which, we don't feel in good conscience, we can go beyond and we would have to make a stand."

"If I think of the number of (hours) I spend with students, it's a lot over the course of the year. There's on campus, through e-mail, but off campus, I don't know how many times I've taught at Fairview Mall because that's where the students are."

"I'm sitting there, trying to wolf down a grease burger from A&W, (and students come up and ask questions). I don't mind, and I'm not really thinking I need more money to do this, but I'm saying I should be appreciated for doing it by my employer."

"That's all part of my job. I enjoy doing it and I love the job here. I'm here for the teaching," said Dale.

As a steward for the union, Dale voices any concerns faculty in his area might have but also any concerns the liberal studies department has as a whole. "Liberal studies has been fighting to maintain the educational values opposed to the vocational values," he said. "Education is a passion with us."

"So I don't want to walk up and down (during a strike), (besides) I have nothing that matches the colours that they usually use on those strike signs. I'd have to get a new wardrobe," Dale said with a laugh. "And it's March, what am I going to wear?"

"(The weather) could be cold, it could be hot. I mean, really, this is just driving me into a fashion tizzy, worrying about the strike."

One of the issues the union wants to change is getting union support for part-time instructors.

Brenda Cowley, a part-time computer instructor at the college for the last five years, said she doesn't want to be part of the union because she isn't around enough to benefit from it.

She said she only teaches three hours a week and spends between three and six hours a week preparing for class and marking.

"I hope teachers don't strike for the students' sake," Cowley said. "I don't think (faculty) should strike, I don't think it's fair to the students, to take it out on them. They deserve to learn, they paid for it and they deserve to get their education."

When asked if Cowley has noticed an increase in students over the last few years she said she's always had between 33 to 35 students in her classes. "I'm under lab restrictions," Cowley said. "We only have X number of computers in our labs, and (since) students have to have a computer to learn, my class sizes can't go up."

"I'm sure if they could fit 50 computers into a lab maybe my class size would go up but because we're under a restriction for the computers in the labs, they have to keep the class size down. So we are actually at maximum class size for what there is available."

Cowley said students often end up doubling up on computers when one goes down. "When we come in (sometimes) there will be a network down for one of the computers (so students) won't be able to log on," she said. "Some weeks we could have (up to) five computers down and we have to double up."

When asked if Cowley feels she can meet the needs of each individual student she said it depends if she is teaching year one or year two students.

**"I hope teachers don't strike for the students' sake."**

*Brenda Cowley,*

*computer instructor*

"A first year level, no, because we're at 35 so we're talking two hours of class time with 35 students in a computer lab," Cowley said. "When you're dealing with that many students and you're trying to get to each one of them there isn't enough time to give each student individual attention."

"A lot of students know enough about computers for the first year, it's not too bad," said Cowley. "But you're not able to get to each one of them, not at that number."

"By the time second-year students come around you don't have as many so you're able to give them a little more attention. But (with the first-year classes) at 35 (students), they're not getting the individual attention they truly need. You try, but it's hard. And especially when you're doing hands-on work, like computers."



(Photo by Benjamin Richmond)

## Giddy up!

Conestoga students donned their cowboy hats and attire for Country Night on Jan. 25 in the Sanctuary. See Page 8 for story and more photos.

# CSI president resigns

By PAIGE HILTON

Justin Falconer, former president of Conestoga Students Inc. (CSI), resigned Jan. 23 so he could go to work for a local Liberal MPP, said Mike Dinning, vice-president of student affairs, at the Jan. 30 board of governors meeting.

Dinning was introducing Matt Jackson, the new president of CSI, who made a presentation to the board outlining CSI's activities, representation and services for students.

Jackson was the vice-president of CSI until Falconer resigned, and Andrew Mercier was appointed the new vice-president. Jackson said CSI board policy outlines the actions taken in the event the president resigns, and said he is happy to fill the role.

"I'm confident in myself that I can complete it this year," said Jackson, who is a third-year business management student.

He said he plans to run for president in the next CSI election.

Falconer is working out of the Toronto office of Kitchener Centre MPP John Milloy. Dinning confirmed.

"We're definitely very proud of the work he's done and I look forward to continuing the work he

started," Jackson said.

After his presentation, Jackson answered questions from the board.

He said CSI is currently developing a college-wide survey to determine students' satisfaction with CSI in the hopes of receiving some feedback about what students like and where they would like to see improvement.

In other business, the board approved two new program proposals to be sent to the Ministry of Training, Colleges and Universities for approval.

The first is a full-time post-graduate events management program to begin in September 2006.

"We met with a focus group in mid-October that clearly indicated there was strong support from the community for this program and a significant need," said Frank Mensink, dean of the school of business.

The second is a personal support worker upgrading program falling under the school of health sciences and community services. It would be a part-time continuing education program beginning in winter 2006.

The next board of governors meeting is slated for March 27 at 5:30 p.m. in the Student/Client Services Building's Guild Room.



## Now deep thoughts ...with Conestoga College

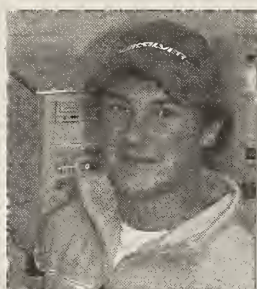
Random questions answered by random students

Did you vote during  
the recent federal election?



"No, because I was  
working."

*Chivon Petek,  
first-year woodworking*



"No, I left my voting card  
at my former home."

*Kyle McDonald,  
first-year architecture*



"No, I feel like it won't  
make a difference any-  
ways because my  
party was way behind."

*Tina Cochrane,  
first-year office  
administration*



"No, I was too busy doing  
homework."

*Scott Matthews,  
first-year architecture*



"No, I really wanted to,  
but I had to work."

*Jamar Williams,  
first-year marketing*



"Yes, (because) I follow  
politics."

*Aaron Andrews,  
first-year marketing*



"Yes, I did because I feel  
it's a responsibility to  
decide what kind of  
country I want to live in."

*Amanda Penney,  
second-year early  
childhood education*

Smile Conestoga, you could be our next respondent!

## Not a lot of room in annual budget for security services department

By MELISSA HANCOCK

Out of three Ontario colleges, Conestoga College spends the least amount of money on security services.

Kevin Mullan, vice-president of finance and administrative services at Conestoga, said school finances are budgeted at 47 cents per square foot of each building at all five campuses.

Although Mullan could not say how much was exactly budgeted for security services, the school's annual budget report said \$396,000 was put toward contract security services.

There are 18 contract security guards and one contract security supervisor with alternating or rotating shifts at the college. The budget only allows for two of those contract security guards to be on the grounds from midnight to 7 a.m. throughout the week.

At Conestoga's Doon campus alone, there are 143 acres of land that security guards and cameras monitor 24 hours a day, seven days a week.

When asked if that was frustrating, college security representative, John Tribe, said it was and added that budgeting always depends on "who is holding the purse strings."

Other security officials include four who work directly for the college and three college representatives.

Mullan said security is an important issue at the college and that they have the best preventative resources — including guards, video surveillance and emergency phones.

However, he said there is always room for improvement, but "the heart of why students are here tends to have higher standings (when it comes to budgeting)."

Program delivery and quality are two of the main focuses where

planning and budgeting is concerned, he said.

"When is something more or less important?" he asked. "The biggest challenge is that (Ontario colleges) are the lowest funded per student in Canada. That's where the squeeze comes from."

This year's budget has a total operating fund revenue — including student fees, tuition revenue, government grant and reimbursement revenue and contract revenue — of about \$94.7 million, which was a 9.1 per cent increase from last year.

That means about 0.42 per cent goes towards contract security services.

Mullan said security is a "transparent service," but would be obvious to students if it weren't readily available.

"In the morning, the reason computers are in classrooms is because security was there," he said. "It would be very obvious (to students) if they weren't there."

Last year, about 91 per cent of students at all Conestoga campuses said security was important to them on the annual Key Performance Indicator survey (KPIs). About 68 per cent said they were satisfied to very satisfied with security services and about 41 per cent of students said they had used security services.

Tribe said the first few weeks of the winter semester at Conestoga have been slow and quiet for people in the security office and not many major problems have occurred.

Fanshawe College's vice-president of finance and corporate services, Scott Porter, said their security services are budgeted according to need and demand.

There are about 15,000 full-time students enrolled at Fanshawe

and about 40,000 part-time students — including continuing education courses, apprenticeship programs and online correspondence courses and programs.

He said neither student population, nor land size play factors in deciding how much is budgeted for security, but rather depends on what kind of security problems need attention.

Fanshawe's annual budget report indicates about \$1.3 million will go toward campus security services this school year.

Seneca College's vice-president of finance and administration, Ron Currie, said about \$1.8 million is budgeted for security services — including guards, video surveillance and emergency phones — for their four major campuses.

There are about 85,000 full-time and part-time students enrolled at Seneca, which is larger than Conestoga's 38,000 enrolled — including full-time and apprenticeship programs and continuing education courses.

"We roll all available funds into one pot and distribute it accordingly," Currie said.

Every morning, Currie said he receives reports about security issues — including "boy-girl tiffs," harassment and sometimes vandalism.

"Theft of school property occurs enough times to be noticed," he added.

He said all four of their major campuses contribute to the problems.

Mullan said the provincial government gives a campus safety grant to Conestoga each year — which allowed for the video surveillance system to be installed — but, as with many government grants, the amount changes every year.

## Women in trades and technology enjoy breakfast gathering

Positive feedback ensures annual get-together will continue

By MIKE BORS

The women in trades and technology programs at Conestoga College held a breakfast get-together attended by students, faculty and alumni.

Since the late 1990s, an unofficial committee has orchestrated events for women in trades and technology to try to encourage women in the field.

This past fall, they had a get-together at the end of the day, around 4 p.m.

"We thought, well, we've done one at the end of the day, let's try one at the beginning of the day," said Julia Biedermann, chair of engineering and information technology.

The event was attended by 40 people and featured door prizes handed out at the end of the morning.

Biedermann said judging by the turnout at the breakfast and the get-together in the fall semester, they would like to repeat these events.

"We always distribute a feedback form asking if we should continue with these events," she said. "Overwhelmingly the response was yes."

Biedermann said in the past they've held one of these events per year, but judging by the success of the two this year, they'd like to start doing at least two per year.

"We might start doing other types of activities as well," she said, "like reaching out to high schools."

Biedermann said they are developing a website for women in trades and technology that they hope to use to promote events and activities. The site will hopefully be up and running by the end of this semester.



(Submitted photo)

Students at the women in trades and technology breakfast enjoy some good eats at the annual meeting.



# Affordable housing a priority for region

By JON MOLSON

Being able to purchase a home and make it your own, is to many people, a gratifying and special experience in life. But the high price of owning a home can place strong financial limitations on individuals and, unfortunately, not everyone can afford to make such an investment.

This was the motivation behind the Region of Waterloo implement-

ing the affordable housing strategy.

"Our immediate goal is to help create 1,500 new, affordable housing units by the end of 2008," said Jennifer Murdoch, the manager of housing programs for the Region of Waterloo. "The Canada and Ontario Affordable Housing Program allocated over \$10 million to assist our community partners in achieving this goal, in addition to previous federal and provincial funding."

The affordable housing strategy introduced in May 2001 is an attempt to address the need for more affordable housing units in the region. Affordable housing means the tenant is paying 30 per cent or less of his or her gross income toward shelter.

The general eligibility criteria for the affordable housing strategy is individuals must be over the age of 16, able to live independently, have legal Canadian residency status, have no arrears to a former social housing provider and they cannot own property or, if they do, they must be willing to sell it within six months of being housed.

Murdoch is in charge of co-ordinating access and income-testing rent supplements and dealing with co-operatives and non-profit agencies.

Approximately 10,000 people are on the waiting list and there are around 4,000 households waiting for geared-to-income or subsidized housing in the region.

Murdoch said the waiting list is generally chronological.

"First come, first served," she said. "Applicants are placed on the waiting list in the order that they applied for housing. However, the Region of Waterloo has two priority categories that must be housed first, regardless of date of application."

She said before reviewing an application from the chronological or urgent lists, housing providers must review applicants who have been assigned victim of domestic violence priority (VDV) or terminally ill priority status (TIP).

"When providers have reviewed their wait list and there are no VDV or TIP applicants, the provider moves on to the urgent list, which includes homeless, safety and separated families and the chronological waiting list," Murdoch said. "One in every 10 vacancies must be offered to an urgent applicant."

The region has also introduced the Community Action Plan for Housing, which was endorsed by regional council on June 22, 2005.

"As our community continues to grow we need to ensure sufficient opportunities are available to accommodate housing needs in the region."

*Jennifer Murdoch,*

*manager of housing programs,  
Region of Waterloo*

Murdoch said the action plan addresses the region's housing needs for both present and future in the medium and long term.

"The short term Affordable Housing Strategy has already provided much needed affordable housing throughout the region," she said. "The action plan is a mid- to long-term plan that addresses a broad range of housing needs in addition to affordability, and identifies actions that will require the involvement of other stakeholders to address needs, such as increasing shelter allowances and minimum wage."

The region has put in place a

housing statement advisory committee to assist in the process.

Murdoch said the combined methods have been successful.

"The region has received national recognition for the success to date of the Affordable Housing Strategy and is starting to receive inquiries from other communities on the action plan as they are now seeing the value of a comprehensive housing plan," she said. "The region is a relatively affordable place to live for most households; however, some lower-income households in the community are having difficulty finding appropriate and affordable housing. We hope to continue to address affordability issues in the region through the ongoing implementation of both the Affordable Housing Strategy and the Action Plan."

She said the longer-term goal is to implement the action plan to ensure that affordable housing is addressed.

"As our community continues to grow we need to ensure that sufficient opportunities are available to provide the range and amount of housing required to accommodate housing needs in the region," Murdoch said.

She is confident these initiatives will be successful.

"The region is actively working toward achieving the goals of the Affordable Housing Strategy and the Community Action Plan for Housing, including all the community stakeholders in the process," Murdoch said. "The collaborative nature of our partners continues to makes us a results-oriented community."

## Board of governors seeks new members

By PAIGE HILTON

Nomination forms for two positions on the college's board of governors will be posted around all campuses on Feb. 17.

The position for administrative staff and the position for a student both begin Sept. 1.

The board of governors is a policy board, said Kevin Mullan, Conestoga's vice-president of finance and administrative services, and its prime functions are to monitor and evaluate overall operations of the college, appoint the president, to be involved with and approve the strategic plan and budgets and ensure compliance with legislation.

To be nominated for a position a person must sign a nomination form and have two peers also nominate the person, said Charlene Cloutier, executive assistant to the vice-president.

Nominations close March 9 and if more than one person is nominated for either position, an election will be held the first week of April. If only one person is nominated for either position, they will be appointed to the board.

Cloutier and Mullan agreed the voter turnout during the election is usually quite low, and

said the onus is on the candidate to campaign if that is what they wish to do.

"The dates and the nominees will be advertised in Spoke. Once that's done it's up to the nominees. If they want to advertise, we let them know there are people they need to see if they want to post on certain boards," said Cloutier.

For both positions Mullan said the nominee should bring an open mind to the board and be prepared to determine what is best for the college, be able to commit to one meeting a month, as well as one meeting a month on a sub-committee.

"The logical subcommittee the student member usually has the greatest interest in is the academic and student affairs committee, which approves programs and deals with reports from Student Services, to name a few," said Mullan.

Any student enrolled in a full- or part-time program at the college in September 2006 is eligible to be a nominee for the student position, however, students taking just one course at the college are not.

Contact Charlene Cloutier at 748-5220 ext. 3233 for more information.

## STUDY TIPS FROM A MASTER SLACKER

*"The price of success is perseverance. The price of failure comes cheaper". Anonymous*

1. Learn your most difficult material first and review it last.
2. Use mnemonics and integrated concepts like mind maps.
3. Read once very carefully for content, then highlight only the most important material and make margin notes.
4. Try to study when your mind is receptive to learning, not when you're tired or distracted.
5. Try to recap in your own words.
6. Read the instructor's mind. Pay close attention to topics the instructor repeats, writes down, or asks questions about.
7. Participate in study groups. Teaching is a great way of learning.
8. Take excellent notes and review them before class each day.
9. Make studying your last activity before sleeping (something may stick!).
10. Break up your study periods with short (5-15 minute) non-thinking breaks.
11. Get test-smart. Find out about test-taking strategy and practice it.
12. Make the material meaningful. Think of examples in your life.

To make an appointment for learning strategy assistance, visit the Student Services Office.

*A Message from Learning Strategies*

Visit our website

<http://www.conestogac.on.ca/jsp/stserv/learningstrategies/index.jsp>



### ELECTION NOTICE AND CALL FOR NOMINATIONS



ONE PERSON IS TO BE ELECTED AS A MEMBER OF THE CONESTOGA COLLEGE INSTITUTE OF TECHNOLOGY AND ADVANCED LEARNING BOARD OF GOVERNORS FROM EACH OF THE FOLLOWING TWO CATEGORIES:

Eligibility is as follows:

#### STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of instruction (a group of related courses leading to a diploma, certificate, or other document awarded by the Board of Governors.)

TERM OF OFFICE: SEPTEMBER 1, 2006 - AUGUST 31, 2007.

#### ADMINISTRATIVE MEMBER

All persons employed by the Board of Governors, Conestoga College, on a full-time or part-time basis, who are neither an Academic nor a Support Staff Member.

TERM OF OFFICE: SEPTEMBER 1, 2006 TO AUGUST 31, 2009.

The terms of reference for these elected internal members are the same as those for externally appointed members of the Board of Governors. Nomination forms will be posted on February 17, 2006. Nomination forms will also be available in the office of the Secretary-Treasurer of the Board (Kevin Mullan).

Closing date for nominations: MARCH 9, 2006

Lists of nominees to be posted on campus bulletin boards on March 17, 2006

ELECTION DATE: WEDNESDAY, APRIL 5, 2006



# Co-ops reduce student stress

For many students, the thought of finding a full-time, program-related job after graduation is an added stress they can do without during their final year of college.

However, students who have the benefit of doing a co-operation term or work term during their time at the college find it helps to relieve some of that added stress.

Conestoga offers many co-ops or work terms, which benefit students in several ways.

Co-op programs generally start during a student's second year at the college. They may have one co-op placement during that year and in their third year have two or three placements. Students get paid during their co-op term and must take a

career development class to prepare for their co-op. Students also have a co-op adviser should any issues arise during their placement. Co-op also has additional fees, which are mostly administration fees.

Work placements are more varied depending on the program. The number of hours, where to get a placement and how to get a placement is different depending on program requirements.

Co-op and work terms allow students to gain valuable, course-related work experience before they finish college and begin looking for a full-time job.

Not only do co-ops and work terms give students work experience, if the employer likes what he or she sees it can also pave the way for a student to get a job right after his or her post-secondary education.

"The co-op program enriches a student's education. It gives students the opportunity to attain hands-on knowledge and gain experience in areas related to the program they are enrolled in," Jennifer Stryf, a materials and operations management graduate, said on the college website. "By graduation, I had one year's experience with two well-established companies. It gives students a chance to make a good impression upon potential employers, improve their resume and obtain references that will ensure job security upon graduation."

Many programs at the college offer co-op or optional co-op placements, including many of the technology and business programs.

Many more offer work experience placements for four or six weeks, all of which can have great benefits for any student.

Students attending Conestoga College who are fortunate enough to be in a program that offers co-op or work placements, should consider themselves lucky to be part of a college that offers these opportunities to students.

Because many of the students who are able to experience co-op leave the college one step ahead of those who do not have that opportunity, the college should consider adding a work experience or co-op to every program so students will have more of an idea about what it's like in the real world.

Co-ops and work terms not only give students valuable work experience and the opportunity to see if they are in a career suited to them, but they also provide students with the confidence they may need to graduate from college and know they can be successful in a career.

Co-op and work terms allow students to gain valuable, course-related work experience before they finish college and begin looking for a full-time job."



A little imagination goes a long way on St. Valentine's Day.

## Money can't buy love

Who said you have to break the bank to have a romantic evening with that special someone on Valentine's Day?

No cash? No problem.

Here are some cheap ideas that come from the heart, not your wallet.

No present is more valuable than one you make yourself. A hand-made card is a romantic gift for anyone at any age. Use a favourite poem or quotation. [www.quote-land.com](http://www.quote-land.com) has pages of sweet nothings to make your sentiment clear. Or write a heartfelt letter full of words of seduction and romance and leave it on their pillow as a surprise. Sing a song to your lover, it will take some guts and he or she will only admire your courage. Perhaps your valentine prefers to be seduced with fine cuisine?

Not everyone can afford difficult to pronounce three-word dishes at upscale restaurants. One sensual dinner idea is a freshly baked Italian pizza with fresh strawberries for dessert. Both items happen to be on sale at Price Chopper gro-



Janet Morris

Opinion

cery stores this week. McCain Pepperoni or Deluxe pizzas are \$3 and a one pound tub of strawberries is \$2.

Draw your honey a candlelit bubble bath and play his or her favourite relaxing music in the background to ease stress. Dollar stores often have candles selling at two for \$1 and the bubble bath can be purchased there too! It is the thought and effort you put forward that will count more than what the bill came to.

One of my favourite ideas is to bake some heart-shaped treats.

You can't go wrong with homemade chocolate chip cookies, cakes and candies, especially if your sweetheart has a sweet tooth.

Flowers could really put you in the red and they never last for very

long. My tip is to purchase a mini plush rose at Shoppers Drug Mart, on sale now for \$1.99 each.

These soft beauties will last forever and always looks just as good as the day you bought them.

Perhaps you are in a new relationship and aren't sure what your special someone would like.

One no-fail gift is a picture frame with a meaningful snapshot inside.

A friend of mine chose her sweetheart's favourite candies and tied each variety up in separate bags with its own tag describing all the different reasons why she loved him. She then placed the candies inside a box covered in magazine cut-outs of words that reminded her of him.

Take your special someone to the zoo of stuffed animals at Toys "R" Us and let them choose which cuddly friend to take home. It will feel like a shopping spree.

Money can't buy love, especially when you don't have any.

However, you can still be romantic, and hopefully a few of these ideas can get you started.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:  
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LETTER TO THE EDITOR

# Will extra funding improve colleges?

On Nov. 29, 2005, Premier Dalton McGuinty and Chris Bentley, Ontario's Minister of Training, Colleges, and Universities, announced additional funding to the college system of \$87.3 million — the "Quality Improvement Fund."

"Our government is committed to providing a high-quality education for our students, who must compete with the best in the world," Bentley said. "This new fund will make improvements that students will see and benefit from immediately — and accountability agreements will ensure that the extra money produces results."

The government's first principle tied to the funding is that the colleges must: "Hire more support staff and faculty so that students have better access to their instructors."

When the faculty negotiating team asked college management how they proposed to spend the Quality Improvement Fund they replied that some of it would be spent on hiring new faculty — but only for additional enrolment. None would be spent on improving current student/teacher ratios or on reducing class size. Any quality improvements for today's students and faculty would be made only by a redistribution of existing work. None of the \$87.3 million would be used to hire more faculty to service current student needs.

The faculty identified quality improvements as their number 1 demand for the next contract. Faculty knew that would mean hiring more teachers to serve the current students and future enrolment. The Bob Rae Review of post-secondary education in Ontario was unequivocal in its assessment of what was wrong in

the colleges — Rae described college management as "the poster child for efficiency gains" and added that the price for this focus on efficiency at the cost of quality was "a diminished ability to deliver the educational services Ontario and Ontarians badly need." (p. 48) Rae reported that the college system "suffers from serious quality issues — teacher contact time, class size, deferred maintenance."

The faculty are trying to do something about these deficiencies. Management continues to be focused on efficiency, not on quality.

Faculty hired a research firm to examine actual teacher workloads. They found that the current system was inadequate to provide teachers the time needed to properly meet student needs. Management has out-of-hand rejected that survey, claiming that the teachers were exaggerating their workloads!

Faculty want a new contract that addresses the real issues of quality in the college system. The student teacher ratio has increased by 33% in the last decade. The number of students has increased by nearly 50% while the number of regular faculty has fallen by nearly 25%.

Management tells us that is fine. They are content with that. They want to spend the \$87.3 million taking in more students but not changing those trends or ratios.

Faculty say enough is enough. We will not put up any longer with the degradation of our college system.

Rae reported on the problems. The government has heard Rae and has provided the first step in quality improvement funding.

College management refuses to do what is obviously needed, perhaps because it would signal the truth of Rae's assessment of the last decade. Faculty have learned that management now plans to invest in a public relations firm and launch a campaign to justify their decisions. More money wasted.

Faculty believe that our contract should be settled without a strike — should have been settled already with the funding provided by the government to do exactly what is needed.

However, if a strike is what management demands before it will address the quality and workload issues, then that is what will result.

In 1984, college faculty went on strike over workload and quality concerns. The gains made then resulted in additional funding and the hiring of 1,000 more full-time faculty. Since that time, quality has regressed and the student-teacher ratio and class sizes have once again risen to inappropriate levels for college programs. This time the funding is already there for hiring additional faculty once again, for making quality improvements, for repairing the damage of the last decade.

To waste the recommendations of the Rae Review of Ontario's post-secondary system would be irresponsible. Faculty will do what is necessary — strike if we must — to see that, in Rae's words, Ontario students get the post-secondary education they deserve.

Ted Montgomery, negotiating team chair, OPSEU

Paddy Musson, college academic division chair, OPSEU

# Why I gave the Liberals my vote

I voted Liberal for one reason, to stop Stephen Harper from becoming prime minister. Although I've never met the man and have no reason to dislike him, I'm afraid of how he'll run our country.

I recently had a debate with a friend who voted Conservative.

I explained my fears about Harper possibly trying to overturn recent laws allowing two people of the same sex to marry and taking our country back to when performing abortions was illegal.

Her reason for voting Conservative was the exact opposite of my reason for voting Liberal. With a strong Catholic upbringing, she believes abortion and gay marriage are two things our country can do without, and she's entitled to her opinion.

But let's face facts; as of right now at least, Stephen Harper hasn't come out of the closet as a homosexual man and, as far as I know, he doesn't have a womb. And until either of those issues really affect him, what



Brandon Walker

Opinion

right does he have to take away the freedom of choice and marriage?

Two men getting married affects religion as much as dropping a penny into a wishing well in Florida affects Lake Ontario.

Nil. Not at all.

Abortion? Ditto.

Although some religions condemn abortion and most condemn homosexuality, most religion is based on rules that should be followed and ways to be absolved for breaking those rules.

Now, if religion truly isn't affected by these basic rights of freedom and choice, how would individuals be affected if these two rights were taken away?

Gays and lesbians in this country would go back to feeling how they've most likely felt the majority of their life, on the outside looking in.

Pregnant women with unwanted children would turn to back alley abortionists who would use crude tools to perform a surgery which could have been done by a professional.

That's why I had to vote Liberal, in the hope other people aren't negatively affected. And although the Conservatives won, at least it isn't a majority government.

Just think, all of this fuss by people living on an overpopulated, over polluted planet.

And, consequently, what do homosexuality and abortion do, mainly?

You guessed it; population control.

I understand why people of a more conservative nature generally fear things outside the norm, but fear and misunderstanding don't give anyone the right to condemn or control others.

# What happened to compassion?

Picture a beautiful day around dusk. The roads are a little bit busy because a lot of people have just finished working their nine to five. One man, however, is riding his bike on the way to work, not from it. He takes the same route he takes everyday. He pedals methodically, concentrating on getting to work so he can finish his shift and get home.

The man passes by a little strip mall with a gas station. He's about to cross one of the driveways when boom, he's struck by an SUV. He rolls up onto the hood before falling to the ground. As the driver speeds away the man is left there with no idea of who just hit him.

When I went to work last week that event was relayed to me by one of my co-workers. I stood there in disbelief when I heard the story. After the accident, the man managed to make it to work on time, despite his new-found limp.

As a kid, I recall my parents teaching me if you make a mistake you acknowledge it, take responsibility and your karma will balance you out. As I grow older, I've noticed many other people didn't learn this. Common courtesy would dictate if you hit someone with your vehicle you would stop to make sure the person was alright and take responsibility for your actions.

The driver demonstrated nothing



Jessica Blumenthal

Opinion

but ignorance and a lack of conscience. I wonder if that person went home and thought about what he or she did that day. I wonder if the person lost sleep because of concern he or she really injured another human being.

Has our society come to a point where it just doesn't care about the everyday passerby?

Have we become so self-absorbed that others don't matter?

Hopefully this hit and run is not an everyday occurrence. When walking down the halls in our very college I do see ignorance everyday demonstrated by people with a lack of respect for each other.

It doesn't take a lot of effort to say thank you and acknowledge someone if they hold the door open for you. If someone smiles at you, why not smile back. If you walk into your fellow student say sorry. And if you knock someone over with your body, shopping cart or car, stop and ensure the person is OK.

Is that too much to ask?

# Pogo a neat site

Being a lover of video games and constantly browsing the Internet, I've often found myself trying to combine the two.

Over the years, I've hit a number of different video game websites on my spare time, testing the latest games or trying to beat high scores of other players.

Last April, however, I came across a site that has helped to feed my online game addiction. That website is [www.pogo.com](http://www.pogo.com).

Produced by Electronic Arts, Pogo has a variety of single-player and multiplayer games for users to play.

Users must create an account before they can access Pogo games. Once an account is created, users can choose a variety of games to play.

Multiplayer games include pool, a variety of poker games, euchre, hearts, chess, checkers, dominoes and so on.

Single-player games include keno, solitaire, blackjack, Collapse, etc.

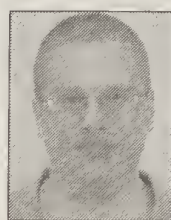
The games fall into categories including casino games, card and board games, puzzle games, sports and arcade games.

Most games found at Pogo are fun, addicting and free to play.

Arguably the best part of Pogo is that most games allow users to collect prize tokens, which can be entered into cash draws. Users can enter tickets into one of three draws at a ratio of one ticket for 100 tokens.

There is a daily draw of \$50, a weekly draw of \$250 and a monthly draw of \$1,000. Users must be over the age of 18.

Those under the age of 18 can



Jason Sonser

Opinion

still enter and if they happen to win, they will receive a gift certificate from a well-known retailer equal to the amount they won.

Most games have a jackpot prize as well, which goes up a few cents every few minutes and reaches a maximum of \$4,999. When users win or obtain a certain score, they are awarded a jackpot spin, which awards tokens or whatever the current jackpot amount is.

For those who are willing to spend a little money, Electronic Arts offers a feature called Club Pogo.

Club Pogo offers more than 20 subscriber-exclusive games, including Texas Hold'em Poker, a Yahtzee-like game called Dice Derby, Tri-Peaks Solitaire, Jungle Gin and so on.

A subscription costs \$4.99 for a month or \$29.99 for a year. Payment options include credit card, cheque or PayPal.

PayPal is an Internet payment system, owned by EBay which allows people and businesses to send and receive money online in a secure fashion.

Club Pogo also offers double jackpot spins in games with jackpots.

As well, Club Pogo members can win merchandise with their jackpot spins, including cookware, a bread maker, a cordless phone and so on.



# Eating disorders affect everyone



(Photo by Janet Morris)

According to the National Eating Disorder Information Centre the fear of being fat is so overwhelming that young girls have indicated in surveys they are more afraid of becoming fat than they are of cancer, nuclear war or losing their parents. Eating Disorder Awareness Week begins today and runs until Feb. 10.

By JANET MORRIS

It's something that more than 70,000 people in Ontario have.

Ninety per cent of people who have one are female.

These illnesses have the highest mortality rate of any mental illness.

Student Services will have a display inside Door 3 during Eating Disorder Awareness Week that starts today and runs until Feb. 10.

Eating disorders occur most often in people ages 16-24, but the ages effected are becoming younger said counsellor Lynn Robbins White.

"Fifty-five per cent of eight-year-olds were on diets," she said. "The stats just break your heart."

Robbins White, who is a member of the eating disorder awareness coalition, said it's the messages that are sent at such an early age to diet.

"You add societal and peer pressures, and then, of course, a lot of the time it develops into a full blown eating disorder around the college years," she said.

Robbins White said statistically women have a higher prevalence over males although the male numbers are increasing.

"There are more social pressures in the media for thinness, health, beauty and a whole range of ads and social influences," she said.

**"There are more social pressures in the media for thinness, health, beauty and a whole range of ads and social influences."**

*Lynn Robbins White,  
counsellor*

"We're finding the same messages are getting across to men and so there is an increase in men with eating disorders."

Robbins White noted it is difficult to know how many men are affected by an eating disorder because men are less likely to

come forward.

Often people are afraid to seek help because of the stigmas attached.

According to the American National Eating Disorder Association, approximately 10 per cent of individuals with eating disorders who come to the attention of mental health professionals are male.

In a national survey of 11,467 high school students and 60,861 adults, it was revealed among the adults 38 per cent of women and 24 per cent of men were trying to lose weight.

According to the Canadian National Eating Disorder Information Centre, 95 per cent of all dieters regain their lost weight within one to five years.

Anyone who is interested can participate in the awareness week by attending the faces of recovery discussion involving individuals and their loved ones recovering from an eating disorder at the Guelph Community Health Centre on 176 Wyndham St., Feb. 7 from 7 to 9 p.m.

For more information on Eating Disorder Awareness Week visit the National Eating Disorder Information Centre website at [www.nedic.ca](http://www.nedic.ca).

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## Quick dinners: Chicken and broccoli alfredo

Prep/cook time: 20 minutes  
You'll need:  
1/2 package uncooked linguine  
1 cup fresh or frozen broccoli flowerets  
2 tablespoons butter or margarine  
1 pound skinless, boneless chicken breasts, cubed  
1 can Campbell's cream of mushroom soup  
1/2 cup milk  
1/2 cup grated Parmesan cheese  
1/4 teaspoon freshly ground pepper

1. Prepare linguine according to package directions. Add broccoli for last four minutes of cooking time. Drain.
2. In medium skillet over medium-high heat, melt butter. Add chicken and cook until browned, stirring often.
3. Add soup, milk, cheese, pepper and linguine mixture and cook through, stirring occasionally. Serve with additional Parmesan cheese.

Source: Campbell's 1-2-3 Dinner

## CORRECTION

In the Jan. 30 edition of Spoke, a story about a possible OPSEU strike incorrectly stated the strike might happen because \$87.3 million in funding from the Rae Review isn't being used to hire more support staff.

It should have said support staff and faculty.

Spoke apologizes for the error.

## COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become **anorexic**? Estimates of the frequency of **bulimia** vary from five to twenty out of one hundred college-age women. Men also develop both disorders, but in much smaller numbers.

**Anorexia nervosa** is characterized by an all-consuming fear of "getting fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Dieting can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some starve themselves to death.

**Bulimia** is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming Eating Disorders is for the individual to acknowledge to herself and to a professional that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Student Services or the nurse in the Health Services Office (Doon Campus only). One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

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# Conestoga goes Country

By BENJAMIN RICHMOND

Conestoga students recently had the opportunity to put on their cowboy hats and show off their line dancing skills at the college.

Conestoga Students Inc. (CSI) held its second Country Night on Jan. 25 in the Sanctuary. Despite the wintry weather outside, Country Night was heating up the college inside. However, this did not look like it was going to be the case at 10 p.m. An hour after the doors opened there were only about 50 people in the Sanctuary, and they seemed to be more interested in playing pool than dancing to the country tunes. The number of people, however, doubled in less than 20 minutes, and by 11 p.m. there were about 175 people in attendance.

With about two-thirds of the crowd wearing cowboy hats and boots for the country theme, the students moved toward the dance floor. To the excitement of the students, the speakers blared out songs from such country music artists as Shania Twain, Garth Brooks, Tim McGraw and Alan Jackson.

Lisa Kuntz, a third-year marketing student, said she has been a fan of country music for a long time. "I've always loved country music. My first concert ever was Garth Brooks."

Other events held at Country Night included a hoedown competition and a country music version of Conestoga Idol.

Andrea Brown, another third-year student in the marketing program, won the singing competition, which featured three males and three females. Brown said she has been singing since she was young. "My friend got me into country music a few years back, but I've been able to sing since I could talk."

Aside from the competitions, Country Night included many of the regular features associated with most CSI events. These included a lit-up dance floor, free

pizza and a cash bar.

Since alcohol was served, only students 19 and older were able to attend Country Night. To prove they were of legal drinking age, students needed a valid photo ID to get into the Sanctuary. Student cards and a \$2 cover charge were also required at the door.

There were about a dozen security guards on hand, as well as two police officers. There were no problems reported throughout the night.

Sam Egleston, CSI's communications specialist, said CSI was pleased with the results of Country Night. "The feedback and turnout was more than we expected."

The CSI staff came up with the idea for a country dance after surveying students at the college and receiving a positive response.

"Students had inquired about it previously so it's something we decided to run," Egleston said.

Country Night, however, was not the first country music dance CSI held at the Sanctuary. Egleston said CSI wasn't sure if they wanted to hold another country dance at the college, since the first one was not well received by the students. "We tried one out about two years ago and it wasn't that popular."

Egleston added there were other reasons CSI was not sure whether or not Country Night would be a success.

"We were concerned because the weather wasn't so good and students' schedules can get pretty hectic during the second semester."

Egleston said students at Conestoga often come to the CSI office and request different types of dances and events.

"Conestoga's a pretty diverse college, so there are students that like different types of music, and we like to offer a little bit for everyone."

Lindsay Silva, one of CSI's administrative assistants, said CSI is already looking for a way to improve the next Country Night. "We may consider getting a live country band the next time."



Only students 19 and older were able to attend Country Night in the Sanctuary, as alcohol was being served. To prove they were legal drinking age, students needed a valid photo ID to get in.

Students show off their line dancing skills on stage at Country Night on Jan. 25 in the Sanctuary. Speakers blared out songs from country music artists such as Shania Twain, Garth Brooks and Tim McGraw.



(Photos by Benjamin Richmond)



Other events held at Country Night included a hoedown competition and country music version of Conestoga Idol.

## Saving money doesn't have to be overwhelming

By VANESSA PARKER

Students are often faced with the dilemma of finding themselves short on cash.

It is tough enough to find money to pay for rent, food, socializing and school without trying to find extra for investments.

However, some students made a new year's resolution to start saving money. They just need to know how to begin.

Lisa Kwasek, an investment banker for TD Canada Trust, said students should start by budgeting.

"Students should first find out how much they spend on things like food, entertainment, clothing and such to find out where the money goes and what items you can cut down spending on," she said. "Write down your spending habits for two weeks, and once you find where your money is going, cut down on lower priority items."

By budgeting students can find

the extra cash needed to start investing. Kwasek recommends mutual funds for students because they are a low risk way of managing money and with mutual funds your money is easily accessible when you need it.

Ray Danbrock, a financial planner with The Investment Centre in Kitchener, said investments are not a one-size-fits-all deal.

"The type of investment you choose should depend on how long you want your investment to be in existence," he said.

"Students need to decide whether to invest their money in short-term or long-term investments."

A short-term investment is one

that is less than three years.

"Treasury bills or GICs (Guaranteed Investment Certificates) are probably the best for student investing because they guarantee that your money will be there," Danbrock said, adding mutual funds are also good if the student doesn't plan on needing the money in three years.

"Mutual funds are seen as higher risk," he said. "They are for someone who has time for market corrections and to watch the investment carefully." Danbrock also advises students that not all mutual funds are created equally and the mutual fund chosen should be done

so considering your tolerance for risk.

"Many people just pick mutual funds like they're picking potatoes, saying, I'll have some of this and some of that, not realizing that they are all different." A large obstacle that hangs over students when it comes to money is student debt.

Many students wonder how they're supposed to save money when they have to borrow money to fund their education. Danbrock said students shouldn't avoid trying to invest.

"The best way to invest while in debt is to put money into RSPs so you can make small payments into the investment and gain tax savings," he said. "These investments are good for saving for large purchases like homes, cars and trips."

He said saving money doesn't have to be overwhelming, it's just finding the right type of investment that works best for each individual's situation.



(Photo by Vanessa Parker)



# The times they are a changin'

By BENJAMIN RICHMOND

Southern Ontario is currently in the midst of one of its most unpredictable winters ever.

During the month of December, temperatures across Ontario varied. While northern Ontario had warmer than normal conditions by about 5 C, southern Ontario reported temperatures about two degrees lower than usual.

As a result of the mild weather, much of the snow that fell in early December was melted by the rain in the middle of the month.

Despite the rain's attempt to eliminate the snow on the ground, most people in Ontario enjoyed a white Christmas Day, with the temperature sitting just above the freezing point.

Ontario experienced one more snowfall after Christmas, on Dec. 29, and has had above normal temperatures since.

According to Environment Canada, the average temperature for an Ontario winter ranges between -9.2 and -1.7 C, with an average precipitation of 69 mm. This year, however, the temperature has varied from -14.5 to 10.2 C, with the precipitation adding up to 97 mm thus far.

Although the precipitation is higher than the average at this point in the season, much of it has come in the form of rain because of the high temperatures.

The unpredictability of Ontario's winter temperatures can be seen over the last two record winters. Last winter was recorded as the coldest in 170 years, while this winter is among the mildest this century.

Aside from the varied winter climate, Ontario has also seen a gradual increase in summer temperatures since 1989, with 1995 being the Earth's warmest year on record.

If this increasing temperature trend continues, scientists predict that by the year 2050 the world could be three degrees warmer than today, with less precipitation.

Two reasons for the increasing temperature and changing climate are global warming and the greenhouse effect.

Global warming refers to the warming of the Earth caused by human activities, while the greenhouse effect is the natural process that heats the Earth.

In other words, the Earth is surrounded by a blanket of air called the atmosphere, which keeps the average temperature on Earth at about 15 C.

The greenhouse effect, however, could be thrown out of balance by such gases as carbon dioxide, methane and nitrous oxide from human and manmade sources. If the greenhouse effect were thrown out of balance, the atmosphere would trap too much heat and cause global warming.

Some ways people can reduce greenhouse gas emissions are to conserve energy, recycle and even plant trees. Trees absorb and store carbon dioxide, as well as reduce heating and cooling needs by sheltering homes from the wind and sun.

Unless steps are taken to reduce



(Photo by Benjamin Richmond)

A snowman struggling to survive outside of Conestoga College shows the effects of a mild winter in southern Ontario.

the risk of global warming, winters will become shorter and warmer, while summers will be longer and even hotter. The gradual climate change, resulting from global warming and the greenhouse effect, will have serious long term effects both in Ontario and around the world.

Global warming will have both positive and negative impacts on the Earth; however, the negatives seemingly outweigh the positives. For example, with weather conditions expected to shift northeast, Ontario's agriculture, tourism, water supply and pollution will all be influenced in a negative way over time.

Of course, changes to these aspects of Ontario will lead to an eventual negative impact on the province's economy.

The changing climate also has impacts on certain Ontario industries. One of the industries currently being affected by the changing climate is the ski business.

A report comprised by the University of Waterloo in December 2003 showed severe implications for the ski industry if the climate change were to continue over the next 50 years. According to the report, which examined five ski areas in the Lakelands district of southern Ontario, the average ski season was projected to be reduced by up to 50 per cent by 2050.

The report also showed the estimated amount of snow making required in 2050 will be doubled at most locations.

Regionally, ski resorts are feeling a more immediate effect from this year's mild winter on their sales. Christa Jeans is the supervisor of customer service at Glen Eden Ski and Snowboard Centre in Milton, which is about 30 minutes from Kitchener, south of Highway 401. The skiing season at Glen Eden runs from mid-December to the end of March Break.

Jeans said although prepaid customers with season passes are com-

mitted to using the hills, sales from the general public are less than usual. "Recreational visitations are certainly down. People think if they don't see snow on their front lawns, the hills aren't open."

Jeans said the lack of natural snow, however, does not mean the hills at Glen Eden are closed. "We have 100 per cent snow-making capabilities once we're in a cold stretch."

Artificial snow-making requires a temperature of about -5 C and 80 per cent humidity.

Hence, the colder the temperature is, the more snow can be produced. Jeans said it was even cold enough in the second week of December to make snow and open a couple of the hills.

Jeans said despite their snow-making capabilities, Glen Eden is feeling a negative effect in sales from this winter's mild temperatures.

Glen Eden's statistics since 1999 show this year's less than typical temperatures have had a direct impact on the resort's sales. "This seems to be one of the worst (winters) for us in a while."

Jeans added other ski resorts in southern Ontario are also being affected by the moderate winter. "Everyone's seeing business down with the general public."

Although temperatures are up and sales are down, Jeans said the future of Glen Eden and the ski industry is not in jeopardy. "We've had poor winters before, but we've pulled through."

Another industry that is being affected by this year's mild winter weather is the snow removal business.

However, unlike the ski industry, most people in the snow removal business are ironically benefiting from the lack of snow on the ground.

Doug Laking has been plowing snow privately in the Cambridge area for about 20 years. Laking has contracts with about 30 customers in Cambridge, Guelph and Milton.

Laking said he bases his snow removal contracts on 10 to 12 snowfalls a season, between Nov. 15 and April 15. Therefore, Laking said he plans to plow snow about two or three times a month. This year, however, Laking has only had to plow snow three times thus far. He said normally by now he would have gone out about half a dozen times.

Although the mild weather affects the amount he has to work, it does not affect his income because he is under contract. "I get paid whether it snows or it doesn't snow."

Laking's clients pay a base amount for his contract, whether it snows or not.

Thus, Laking makes more money when it does not snow because he saves on his expenses, such as fuel. "I actually make more money the less it snows," he said.

Therefore, if it's a snowy winter Laking still gets the same amount of money, he just has to work more for it.

According to his contracts, there has to be a minimum of five centimetres of accumulation on the ground before Laking will go out to plow.

Laking said he has not plowed snow since New Year's Eve because of the low accumulation. "We haven't had accumulation of five centimetres at all in January."

He said he cannot recall any winters that have been this mild in recent history.

"Ever since I've been plowing snow, I don't ever remember a winter where we've had this little amount of snow for this length of time."

Laking added if the winters continue to be this moderate in the future, it could have a long-term affect on the snow removal business. "People may want to pay less money for their contracts."

Despite decreasing contract costs, Laking said mild winters in the future will have a positive impact on both the economy and the environment. This type of winter saves cities money on the amount of salt they have to put down.

"Unless there are really bad ice storms, the cities' costs are going to be less because they're not using a lot of salt and on paper they will come in under their budget," Laking said.

There are environmental benefits from less salt being used because less salt finds its way into the ground at the side of the road, and it doesn't get into the cities' water systems.

With winter at the halfway point, both Jeans and Laking said they expect to see more snow and colder weather in February.

According to the Farmer's Almanac weather forecast, temperatures will become much colder in the first week of February, with snow falling across the province in the second week.

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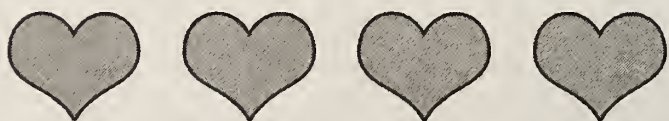
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# Creating with a 'bead' of the heart

By TARA RICKER

If you cannot imagine a complete outfit without accessorizing, apparently you are not alone.

The Bead Bazaar in Uptown Waterloo caters to the needs of all accessory fanatics.

"Who doesn't like jewellery," said Ashley Steinhoff, who has been working at the store for two years.

Steinhoff, 24, said the possibilities are endless when it comes to making jewellery.

"Everyone feeds off each other," she said. "People who come into the store get inspired by seeing what other people are creating."

The Bead Bazaar, located at 47 King St. N., has been in Waterloo for eight years.

"I just kind of fell into the bead business," said owner Stephanie Butler.

When Butler first heard about the idea of selling beads from a friend she thought the idea was nuts. She didn't know why anyone would be interested in buying beads. However, Butler decided to take a chance and the result was shocking.

"People came pouring through the doors, ecstatic that there was finally a bead store."

The Bead Bazaar attracts people of all ages, from ages 6 to 75.

Because of its close proximity to Wilfrid Laurier University and the University of Waterloo, the store is

usually crammed with university students.

"Coming in with a group of friends can be a great stress relief during mid-terms," said Steinhoff. "It can help to get your mind off of school, while at the same time having fun with your friends."

It is the store's goal to make every customer's visit an inviting and relaxing experience.

**"There is no right or wrong way when it comes to beadwork."**

*Stephanie Butler,  
Bead Bazaar owner*

"The whole idea of the store is that when you walk through the doors it gives you the chance to step out of life for awhile and just enjoy yourself," said Butler.

The store provides a wide open environment with rows and rows of every colour bead imaginable. Butler purchases the beads from all around the world.

"People are just stunned when they walk through the doors for the first time," she said.

It can be a little overwhelming at first for some people but the staff is always there to answer any questions.

"It is our job to teach people as

they come through but we also offer classes."

The classes cost \$15 per person plus the cost of materials.

"I would say the majority of people who have learned how to do beading is by us showing them when they first walk through the door," said Butler.

The store also provides customers with a table and tools to create their jewellery while still in the store, just in case the customer has any last minute alterations to their creation.

"There is no right or wrong way when it comes to beadwork," she said. "If you like the look you go with it, if you don't, you can just shuffle things around."

The average cost to make a piece of jewellery ranges between \$8 and \$10. It all depends on the beads used.

"We have beads that range from a penny to \$45," said Butler. "It all depends on the look you are after."

Denise Schmidt, 27, of Listowel, has been a customer at The Bead Bazaar ever since it opened.

"The store has such a great variety of beads to choose from and I like the fact that you can sit down and make a piece of jewellery while you are still in the store," said Schmidt.

Believe it or not, guys are no strangers to The Bead Bazaar.

"A lot of guys come in to make something for their girlfriend, and they usually come up with some of



(Photo by Tara Ricker)

Denise Schmidt, 27, has been a customer at The Bead Bazaar since it opened. Schmidt said you cannot find such a great variety of beads anywhere else in town.

the most unique ideas," said Steinhoff.

So, for all you guys out there, if you're having a hard time trying to

think of what to get your girlfriend this Valentine's Day, what could be better than a piece of jewellery made with your own personal touch.

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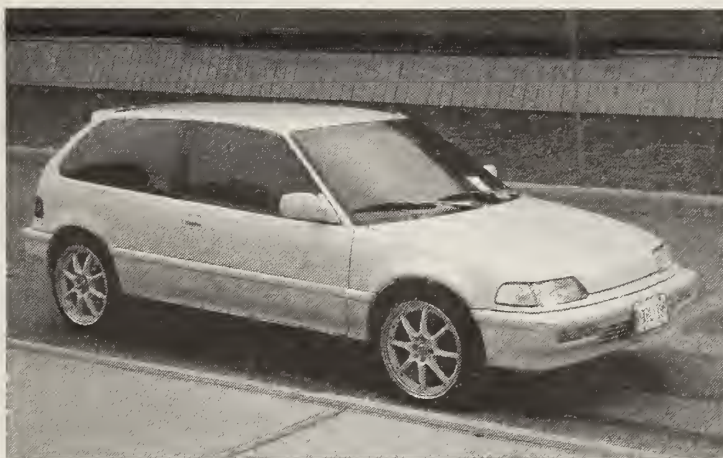
### Scholarships

Scholarships are available each year for students of Conestoga and other Ontario College articulation partner institutions. Applications must be sent to KOM by 1 October for study in February the following year, or by 1 March for study in July. Selection criteria will include academic merit, demonstrated leadership and personal character.

A Griffith representative will be available to discuss study opportunities. Please contact KOM for further information, details and an application form.

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### Noisy intrusion

The college got its wakeup call around 8:30 a.m., Jan. 31, when a car was illegally parked outside Door 5. The car's alarm blared on and off for about a half an hour before the car was moved. Security confirmed the driver was issued a parking ticket.

(Photo by Paige Hilton)

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# A shoe lover's heart and sole

By VANESSA PARKER

To view designer Manolo Blahnik's classic high-heeled pumps and one of Shaquille O'Neal's size 20 basketball sneakers, check out the Bata Shoe Museum where you can view every type of footwear imaginable.

Located in downtown Toronto at 327 Bloor St. W., the shoe museum is easily accessible if you have the urge to do something culturally different.

Founding chairperson Sonja Bata first started to collect footwear in the 1940s and opened the museum in 1995.

The structural building the museum is housed in was built especially for the shoe museum by Canadian architect Raymond Morijama and was designed with the image of a shoebox in mind.

Public relations representative, Rosmarie Stergiou, said many students come to visit the museum. "This museum appeals to a younger crowd, many female students appreciate seeing the evolution of the shoe put on display," said Stergiou.

Students get a discounted admission cost of \$6 and the regular adult admission is \$8.

The museum also offers free admission to everyone on Thursdays from 5-8 p.m.

Currently on display is the exhibit titled, Beads, Buckles and Bows: Four Hundred Years of Embellished Footwear. This exhibit displays the artwork of detailed footwear of the 17th century to today.

The display shows the evolution of the heel from its beginnings in France to the Jimmy Choo's of today.

This display holds century-old heels, a type of shoe worn by wealthy men and women in the 17th century.

High heeled-mules were usually made from expensive silks and embedded with jewels.

Another exhibit currently running

is Appeasing the Spirits: Alaskan Coastal Cultures. This exhibit shows some of the first types of mukluks that today are popularly worn over jeans.

The traditional hunting boots displayed are made from a variety of materials, including seal stomachs, caribou intestines, beaver and bear furs.

An exciting component of this exhibition are the artifacts on loan from the Peter the Great Museum of Anthropology and Ethnography of the Russian Academy of Sciences in St. Petersburg, Russia. Many of them have never been seen outside of that country.

Coming in March is an exhibit of

Chinese footwear. It will show how Chinese culture uses animal symbols on shoes and other garments to convey notions of protection.

The shoe museum was so fascinating to one individual that he or she had to take a piece of it home.

A pair of jewel encrusted slippers once worn by an Indian prince in the 1790s were stolen from the museum on Jan. 22.

The Toronto Star reports the slippers are valued at \$160,000 and the gems in the shoes are not jewellery quality, meaning tearing the slippers apart would not be profitable. The museum is now offering a \$25,000 reward for the return of the shoes.



(Photo by Vanessa Parker)

These shoes for royalty feature jewel-studded heels. They were designed by Vivienne Westwood and inspired by Queen Elizabeth.

## CALL FOR NOMINATIONS for the

### AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate  
a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

2004 Award Winner – Marlene Zister.....ext. 3926  
2003 Award Winner – Titia Taylor.....ext. 3392  
School of Liberal & Media Studies – Paul Scott.....ext. 3496  
School of Business – Larry Drew.....ext. 3739  
School of Engineering & Information Tech. – Liz Stacey.....ext. 3253  
School of Health & Community Services – Elizabeth McNair.....ext.3913  
School of Trades & Apprenticeship – Jim Daniel.....ext. 3829  
Chair: PD – Edith Torbay.....ext. 3381

Nominations open on January 9, 2006  
Nominations close on February 24, 2006



(Photo by Vanessa Parker)

Janna Ceccihin admires the display of mukluks that are made of sealskin, bear and beaver fur.

## WHAT ARE YOU DOING THIS SUMMER?

The City of Waterloo is currently hiring for the following positions:

### SUMMER OPPORTUNITIES:

#### Summer Camps- Leaders & Coordinators

\*Application form required

Apply by February 13

#### Student Labourer Positions

\*Application form required

Apply by February 24

#### Grey Silo Golf Course Park Inn/Concessions

Apply by February 24  
Apply by February 24

### PART TIME POSITIONS:

#### Instructor/Lifeguard

Apply by February 13

#### Youth Program Coordinators

Apply by April 21

#### Food and Beverage Associate

#### Operations/Custodial Associate

#### Program Delivery Associate

Please see our website at [www.city.waterloo.on.ca](http://www.city.waterloo.on.ca) for position details, application and information on how to apply online!

Application guides & forms can also be picked up at Human Resources, 100 Regina Street South, Waterloo, ON N2J 4A8.

THE CITY OF  
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# HOROSCOPE

Week of February 6, 2006



## Aries

March 21 - April 19

It's one thing to see yourself headed for greatness, Aries, but it takes work to get there. Don't forget about the small steps along the way. One day you'll reach your goal. Lucky day: 8



## Libra

September 23 - October 22

You'll be tempted to ignore or push someone away this week, Libra. Ask yourself how a little bit of patience might make them feel. Listen to what they have to say, offer empathy. Lucky day: 8



## Taurus

April 20 - May 20

Maybe it's time to reorganize your life, Taurus, don't be so afraid of change. Try moving the furniture around in your room or perhaps a new diet. You might be surprised. Lucky day: 6



## Scorpio

October 23 - November 21

You'll be very passionate this week, Scorpio, at home and at school. Just try to control yourself, at least in public. Let this new-found joy carry you through the week. Lucky day: 6



## Gemini

May 21 - June 21

Spend an hour watching other people, Gemini, instead of doing your own thing. How do people act and react towards each other? Maybe you've been overreacting due to stress. Lucky day: 9



## Sagittarius

November 22 - December 21

Someone will challenge your thoughts and beliefs this week, Sagittarius. Don't just sit there biting your tongue; speak your mind. Just try not to get too heated. Lucky day: 8



## Cancer

June 22 - July 22

Pick a personality this week, Cancer, and try to maintain it. Friends and family are often frustrated by the Dr. Jekyll and Mr. Hyde game you play. Take some time for you. Lucky day: 12



## Capricorn

December 22 - January 19

You're a natural leader, Capricorn, and you'll realize that even more this month as group work pushes you to the forefront. Respond like a natural leader, but do all the work. Lucky day: 12



## Leo

July 23 - August 22

At this time of year, Leo, you might be having back problems. Could it be from all the books you carry around everywhere in your knapsack? Maybe it's time to rethink the idea of not getting a locker. Lucky day: 10



## Aquarius

January 20 - February 18

If your birthday falls this week, Aquarius, don't do anything too crazy, like streaking naked through the college. But if you feel like wearing your clothes backward like Kris Kross, go for it. Lucky day: 10



## Virgo

August 23 - September 22

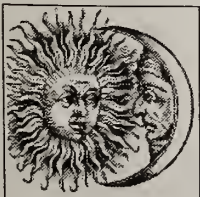
There are people in your life, Virgo, that aren't telling you the whole truth, and you know it. Maybe it's time you start asking some questions. Or, maybe it's time you start pushing those people out of your life. Lucky day: 11



## Pisces

February 19 - March 20

Don't let your own internal fears hold you back this month, Pisces. You'll only go as far as you think you can. And, make sure you push negative and distracting people out of your life. Lucky day: 6



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

# Free ticket program helps less fortunate

By ADAM HANNON

Centre in the Square's community ticket program has been a success so far, according to their director of development.

"People have written thank you letters," said May Joy Aitken. "They're absolutely thrilled to have a night out at a world-class theatre."

The program donates tickets to people in the Kitchener-Waterloo area who would not otherwise be able to attend performances at the theatre.

Aitken, who is also the founder of the community ticket program, said it is the first of its kind in Canada.

She was involved in the arts for several years, and used to present concerts with singer-songwriters. While doing this she said she saw how important it was that the arts be available to everyone.

"Arts are essential to the quality of life," said Aitken.

The program is financed through fundraising and charitable donations. They use the money they raise to purchase tickets, which

they give to various agencies, who then distribute the tickets to their clients. The program helps a different set of agencies every year.

In 2005 the program distributed \$33,000 worth of tickets to a number of agencies, including Extend-a-Family and the House of Friendship.

"I think it's a great program. It's a nice distraction from everyone's real life."

*Amber Merchant, received tickets from the community ticket program*

So far this year \$22,500 has been raised. This year KidsAbility, The Working Centre, The Independent Living Centre, The Multicultural Centre and Heartwood Place will receive tickets.

In addition to contributions from individuals, the program has received large donations from the Musagetes Fund at the Kitchener-Waterloo Community Foundation,

The Walter Fedy Partnership and Faith Life Financial.

Aitken said the program is looking for a title sponsor, to help expand the program further. She said being a title sponsor would involve making a commitment to help fund the program, such as \$30,000 a year, for a few years.

The Centre in the Square makes its own yearly donation of \$7,500, as well as selling the tickets to the program at a discounted price. They also pay all of the administrative and fundraising costs.

"Not a penny of anyone's donation goes into any administration at all," said Aitken.

Amber Merchant and her family attended a show at the Centre in the Square with tickets they were given by the community ticket program.

"We felt really lucky to be chosen," said Merchant. "It was a really nice Christmas gift."

She added that her four-year-old son enjoyed the theatre so much that he did not want to leave and he talked about it for two weeks afterwards.

"I think it's a great program," said Merchant. "It's a nice distraction from everyone's real life."



I may need a tutor if .....

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✓ I feel I am having trouble keeping up with my daily work

✓ My marks reflect challenges I am feeling

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## Lights and Sounds shines new light on Yellowcard

By ADAM HANNON

While Yellowcard's 2003 sophomore release *Ocean Avenue* may be responsible for the band's fame in the pop-punk scene, their new album has cast them in a new light. 2006's *Lights and Sounds* is a step forward for the band. Not only are the songs more mature sounding than anything they have previously released, they are also more diverse.

The use of overlapping melodic vocals and orchestra parts blended with driving guitar and drums makes this album stand out.

SceneCore.com described *Lights and Sounds* as, "Head and shoulders above the other records that are coming out from bands in the genre."

On several tracks, Sean Mackin's violin is even backed up by a 23-piece orchestra, resulting in a very prominent strings sound on the album.

It starts off with the short but sweet instrumental piece, *Three Flights Up*, which prominently features Mackin's violin and Peter Mosely's piano. The track seems heavily influenced by classical music, and sounds like something you might hear on the soundtrack to an epic Hollywood movie.

The next track, *Lights and Sounds*, is more typically Yellowcard. It's a fast, upbeat and catchy punk rock anthem, showing the band has not abandoned its musical roots.

*Down On My Head* showcases a powerful orchestral interlude and catchy chorus, along with verses that seem rather Blink 182-esque.

The fifth song, *City of Devils*, is a slightly dark ballad, with a classy-sounding intro solo. Ryan Key's vocal phrasing on the verses of this track is reminiscent of Raine Maida from *Our Lady Peace*.

*Two Weeks from Twenty* tells the story of a young man who goes to war and loses his life. The chorus clearly states the band's opinion on war, "And then you hear 'em say/That miles away/We lost

another one that we sent with a gun/They're gonna miss him he was two weeks from twenty/And there's still no shame/From the man to blame."

On *Words, Hands, Hearts, Key's* voice cries out to know why we fight wars. In the chorus, he sings, "Lead on to save me lead us all there/Find me some answers one nation beware/Can't tell the difference between myth and man/Or what's necessary or where I should stand."

One of the most unusual songs on the album is the acoustic ballad *How I Go*. The song features an unlikely musical guest: Natalie Maines from the Dixie Chicks performs some of the vocals on the track.

The use of overlapping melodic vocals and orchestra parts blended with driving guitar and drums makes this album stand out.

Although some bands tend to save their weakest songs for the end of their album, Yellowcard didn't put any low-quality material on *Lights and Sounds*. The album ends with the energetic track *Holly Wood Died*, which features a catchy chorus and an impressive guitar solo. It ends with an orchestral outro which sounds like the intro song, *Three Flights Up*. This helps to tie the album together, as if telling the listener, "the story is over now."

Overall, *Lights and Sounds* is a solid album. The songs are excellent, but the production could have been better, because sometimes the guitars and violins are too low in the mix. This doesn't take much away from the overall effect, however, and it's definitely a worthwhile listening experience.

4 out of 5 stars

## Show takes deeper look at ugly side of addictions

By JESSICA BLUMENTHAL

Lies, betrayal, secrecy, dependency and control. All of this can be seen in a weekly episode of *Intervention*. With the recent attention that James Frey's *A Million Little Pieces*, a book about addiction, has drawn to the topic of addictions, *Intervention* is another way to gain some insight into and knowledge about the downward spiral many endure.

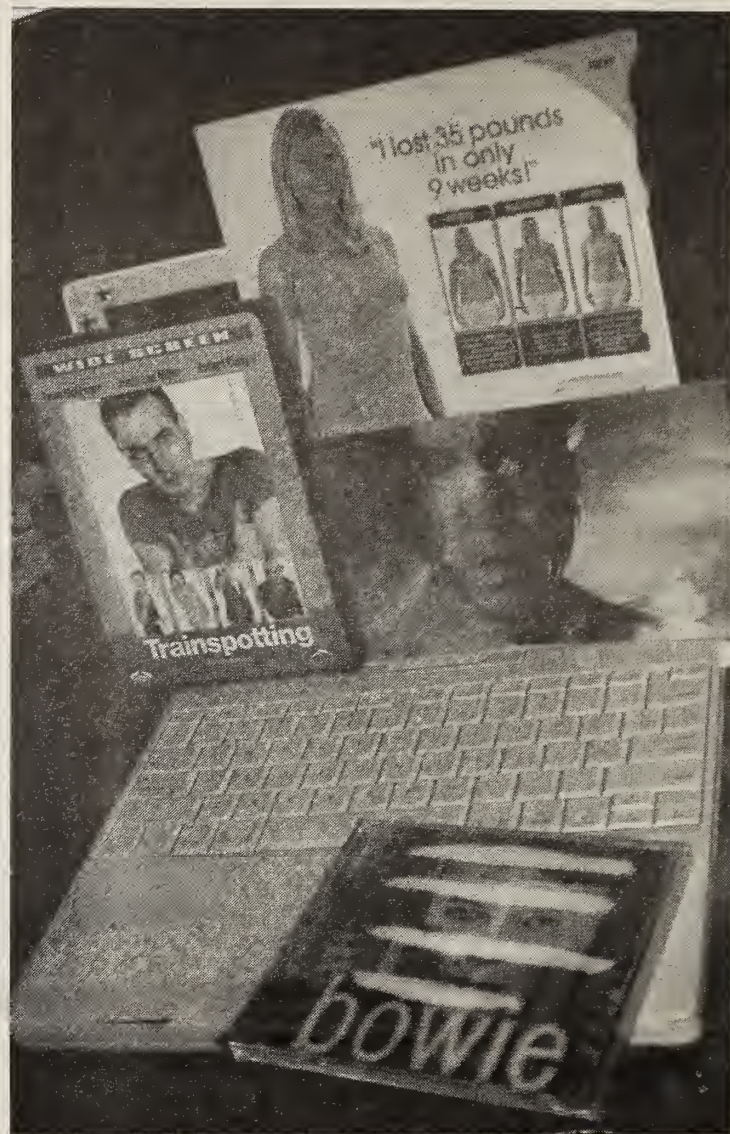
*Intervention* is a documentary series about addicts, may it be to drugs, gambling, body image, shopping or self-mutilation, whose loved ones feel the addicts' only chance for survival is through an intervention to get treatment. The show documents the day in the addict's life, with no holding back, the pre-intervention and the intervention. If the addict agrees to get help he or she is sent to a treatment centre.

When watching the show it seems fairly surreal until closer examined. Many people have addictions. It could be to alcohol or illegal drugs or it could also be to their body or gambling. It offers a real look at the day in the life of a person with a problem.

The viewer sees addicts one-on-one with their dependence. Nothing's held back. One of the most controversial episodes is with Tamela, "the cutter," because not much is censored. Tamela's episode got a lot of attention because it showed her cutting herself with razors and not from a discrete angle.

The episode with Salena, who was bulimic for 11 years, shows her regurgitating her food into a plastic Ziploc bag that she hides in her closet. There are a few shows featuring crystal meth junkies, alcoholics and heroin users.

Gambling addictions are becoming more prevalent with the recent explosion of Texas Hold'em poker. *Intervention* also explores the issue with the story of Tina, who is



(Photo by Jessica Blumenthal)

With the new show *Intervention* on A&E and the recent controversy of James Frey's book, *A Million Little Pieces*, addictions of any sort are starting to get a lot more publicity. The show gives hope to viewers that there is a light at the end of a long tunnel.

also addicted to prescription painkillers.

The hour-long show is an emotional roller-coaster as the viewer encounters all aspects of the addicts' lives. The desperation felt from their loved ones almost jumps out of the screen. *Intervention*

allows the viewers to gain understanding about how dependencies begin. Empathy and pathos are also common emotions evoked in the viewer.

It is a show to watch, and learn from. It airs Sundays at 10 p.m. on A&E.



(Photo by Jon Yaneff)

### Faceoff

The Leafs (left) face off against team Devilbiss during an intramural game in the rec centre on Jan. 24. The Leafs took the game with a 2-1 victory.

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# Head to head: Are the Raptors playoff worthy?

## Team a lock for post-season

## Not a chance

Even the most casual sports fan would probably laugh at the thought of the Toronto Raptors making the playoffs this year. Certain facts come to mind, including how can a team who traded away their franchise player in 2004 for next to nothing, who sported at one point this season a dismal 1-14 record, who lost 15 of 16 games in November and whose recent struggles in the month of January led to the firing of their general manager, possibly manage to win a spot in the post-season?

Well, I for one think they will. And, while there is no denying the Raptors are a below average team, it should also not be overlooked that they are playing in the below average Atlantic division. The top team in this division is currently the New Jersey Nets, a team that is just a couple games above the 500 mark (as of Jan. 30).

Even if the Raptors are unable to catch up with the Nets, they couldn't be luckier for being placed in the Eastern Conference. The East can only make a legitimate claim to having two great teams, being the Detroit Pistons and the Miami Heat. Every other franchise has a record that is at the best respectable and at the worst just straight out embarrassing.

The eighth place team will more than likely finish with a record sporting more losses than wins, and this is exactly where the Raptors will end up.

The East is a conference where all it takes to be in the thick of



Jon Molson

Opinion

things is one decent month, and if the Raptors are able to consistently display the type of promise the team showed in December, they will be a lock for a playoff birth in April.

Another advantage the team holds lies in Toronto's young stars. The most obvious among them would have to be the present day face of the franchise Chris Bosh. Bosh, who is a forward, averages around 22 points and 9 rebounds per game, which leads the team in both categories.

He is a hard-working player who elevates the abilities of his teammates and has been a game breaker on so many occasions.

Drafting Bosh turned out to be one of the best decisions the organization has ever made. If the Raptors are going to be truly competitive in the future they must continue to build their team around this young superstar.

Ironically, it is another recently drafted forward who the Raptors have come to heavily rely on. Charlie Villanueva has been able to silence most of the critics who were baffled by him being selected seventh overall in the 2005 NBA draft. The attacks were mainly

against his work ethic and the fact that Toronto already had a legitimate star playing the same position. But Villanueva has proven his high value and dedication to the organization. He has, along with Bosh, provided the team with much needed size and skill on a nightly basis.

Another surprising acquisition has been guard Jose Calderon, who leads the team with just over five assists per game. Calderon signed as an unrestricted free agent on Aug. 3, 2005. He spent the last six years in the Spanish pro leagues, averaging 10.9 points, 2.2 rebounds and 2 assists in 214 regular-season games. Calderon is the first non-American player to make a substantial contribution for the Raptors and with his experience playing in Spain he has an added maturity among Toronto's rookies.

For the Raptors to make the playoffs, they are going to have to overcome their deficiencies by playing their rookies, committing to defence as much as offence and by not placing a great deal of pressure as well as emphasis on their sub 500 record.

Toronto may not at the moment be able to consider themselves a good team, but they also have the ability to avoid becoming a bad one. And an average team in the Eastern Conference is all it takes to make it into the playoffs, which is incredibly fortunate for the 2006 Toronto Raptors.

In the world of sports, much of a team's success is based on results. In the case of the Toronto Raptors, the results are not good.

With the number of games dwindling, the Raptors have no hope of making the playoffs.

The team has played a long and hard season, one that has offered fans three months of continuous losses and one month, December, that was mediocre. Even with their best players on the court they have continually suffered losses, resulting in the team's ranking of 12th place out of 15 teams in their conference.

In order to participate in the playoffs a team must be in the top eight in its conference. The Raptors will have to perform a miracle to pass the four teams above them to reach a position in the 2006 post-season.

The Detroit Pistons, the top team in the Eastern Conference, has 37 wins and five losses. The team in eighth place, Washington, has 20 wins and 22 losses and the Boston Celtics, who are in 11th place, has 18 wins and 26 losses as of Jan. 26. The struggling Raptors sit on 30 losses with only 15 wins which is worse than the team's previous final record last year of 33 wins and 49 losses.

Perhaps one of the biggest problems the Raptors have is that every player, even though they are gifted



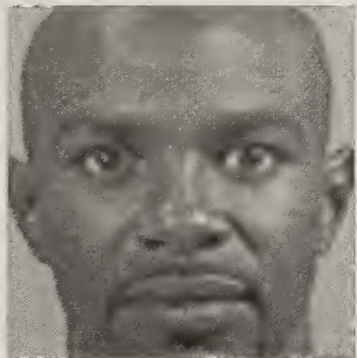
Tom Kalbfleisch

Opinion

and experienced enough to play in the NBA, cannot play on a team. When the players burst onto the court as a unified squad they are a force to be reckoned with. But, more often than not, the players step onto the court with the intent to win the game for themselves rather than for the team.

This is not completely the fault of the players, some of the blame must be given to the individual who coaches the team. Sam Mitchell has done an extraordinary job guiding the team throughout the season. However, it might be time to spice the team up with a coach who will rattle the cages of the players.

The 2005/2006 season for the Raptors has not been the teams' most successful season. All that Toronto has proven this year is that they know how to lose and don't know how to win yet. The team should write-off this season and make an attempt to show their fans that the next season will be a more successful one.



(Internet photo)

The Raptors top three scorers this season are Chris Bosh, Mike James and Morris Peterson.



(Internet photo)

The Raptors' mascot busts a move on the court.

# Recreation Centre

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		Abs and Glutes 6:00 - 6:50pm	Strength & Stretch 6:00 - 6:50pm
			Judo 8:30 - 10:00pm

## INTRAMURALS

Ice Hockey, Ball Hockey, Co-ed Volleyball and Co-ed Soccer have started, check out the Rec Centre boards or online for schedule.

**reminder: to gain access to any of the facilities at the Rec Centre you must present your student card at the front desk**



# FEBRUARY

## EVENTS

CONESTOGA  
STUDENTS INC

## EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
 <p><b>WEDDING CRASHERS</b></p> <p>OWEN WILSON VINCE VAUGHN CHRISTOPHER WALKER</p> <p><b>SANCTUARY</b> 11:30AM</p>	7	8	 <p><b>Dinner &amp; A Show</b></p> <p><b>ALL YOU CAN EAT PASTA BUFFET</b></p> <p>18+ event Tickets \$10 SANCTUARY</p> <p>WIN A FREE LIMO RIDE FOR VALENTINES!</p>	10
 <p><b>Legend of Zoro</b></p> <p>11:30AM - Sanctuary</p>	 <p><b>VALENTINES DAY</b></p>	15	 <p><b>25th ANNUAL POLAR PLUNGE</b></p>	17
 <p><b>WALK THE LINE</b></p> <p>11:30AM</p>	<p><b>POKER NIGHT</b></p>  <p>7PM . SANCTUARY</p>	<p><b>CLUBS DAY</b></p> <p>11:30-1:30 SANCTUARY</p>	23	24
 <p><b>STUDY WEEK</b></p>	 <p><b>STUDY WEEK</b></p>			